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- 1 Every four years we have a leap year, adding a day - 29th February.
  - 2 Let's think of those who look back and wish they had an extra day or *more time*:
    - those who have too little time for what they are expected to do;
    - those who have lost a sense of balance and proportion in their lives;
    - those who feel that they have made a mess of everything and would like to be able to start again.
  - 3 We pray, too, for those who might wish for *less time*:
    - those who are worried about what might happen;
    - those who are in despair;
    - those who suffer hours of pain and illness;
    - those who are in prison or are being tortured;
    - those who wish to die.
  - 4 **On all these people, Lord, we ask your blessing.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:  
[www.prayingeachday.org](http://www.prayingeachday.org)